

PASTURE AND PLENTY

AUGUST 12, 2024 | OMNIVORE

HOORAY, IT'S MONDAY!

We've another fun, summery menu ahead, y'all! Look for: grilled jerk chicken with Caribbean black beans, lime cilantro slaw and mango pineapple salsa; a beat-the-heat cold heirloom tomato gazpacho with toasted miche and creamy white bean purée; and then our signature pork dan dan sauce, chockfull of mustard greens, served with long, slurpable egg noodles! Plus, who doesn't want a fun weekday pancake breakfast (or dinner, we're not judging)?



jerk chicken with Caribbean black beans, lime cilantro slaw and mango pineapple salsa



heirloom tomato gazpacho with miche and white bean purée



pork dan dan sauce with pickled mustard greens and noodles



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Winterfell Acres

Bandung

Vitruvian Farms

Enos Farms

Madison Sourdough Co.

Saffi Saana

Flyte Family Farm

EXTRA GOODNESS

buttermilk whole wheat pancake mix

Instructions: Combine the wet and dry ingredients in a bowl with a rubber spatula until just combined. Cover with plastic wrap and let rest for 10-15 minutes before cooking. Heat a pan on medium heat and grease with oil or butter. Use about 1/2 a cup of batter to make a 4-5 inch pancake. Cook for 3-4 minutes per side. Add berries, nuts, chocolate chips, etc!!

Ingredients: Dry mix (ap flour, whole wheat flour, sugar, cinnamon, baking powder, baking soda, salt), wet mix (buttermilk, egg, oil, vanilla extract)

Contains: Milk, wheat, egg

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

jerk chicken with Caribbean black beans, lime cilantro slaw and mango pineapple salsa

PREP &
COOK TIME

30
MINUTES

—

IN YOUR BAG

Chicken Breast

Caribbean
Black Beans

Lime Cilantro
Slaw

Mango

Pineapple Salsa

Jerk Marinade

—

PAIR WITH

the fruity and fun Seehof Same Same But Different White

or

with the light and crisp To Those Who Wait Czech-Style Pilsner from Working Draft

GRILLING INSTRUCTIONS

- 1 Put chicken in a baking dish, add jerk marinade and coat chicken well, using a spoon. Cover and marinate, refrigerated, for at least 6 hours, but preferably overnight. To moderate the spice levels, either use less of the marinade and/or marinate for less time.
- 2 Preheat grill for medium-high heat. Place chicken on the grill, skin-side down to start. Cover and continue to cook until the coolest part of the chicken breast registers 145°F (63°C) on an instant-read thermometer, about 15 minutes.
- 3 Increase grill heat to high. Flip the chicken to skin side up. Cook the chicken until lightly charred, about 5 minutes. Flip chicken and continue to cook until skin is crisp and charred and coolest part of breast registers 165°F on an instant-read thermometer, 4 to 6 minutes longer.
- 4 While the chicken is grilling, reheat the beans in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Also give the slaw a quick toss to redistribute the dressing.
- 5 Plate the chicken with the black beans and slaw, serving the mango pineapple salsa alongside. Dig in!

ALTERNATE INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat your oven to 400°F (convection, if possible). Place chicken on a rimmed baking sheet, skin side up, and cook until the skin develops an even deep, dark mahogany char and it gets slightly crisped and rendered. It should take about 20 to 30 minutes and the middle of the chicken breast should read 165°F on an instant-read thermometer.

Caribbean Black Beans: Black bean, water, orange, lime, allspice, garlic, nutmeg, salt, pepper **Lime Cilantro Slaw:** Green cabbage, carrot, jalapeño, radish, honey, lime, cilantro, salt, pepper **Mango Pineapple Salsa:** Pineapple, mango, red bell pepper, red onion, jalapeño, cilantro, lime, apple cider vinegar, sugar, salt **Jerk Marinade:** Soy sauce, olive oil, ginger, garlic, habaero, brown sugar, scallion, nutmeg, lime, thyme, salt, pepper **Chicken Breast**

Contains: Poultry, soy, wheat

② READY-TO-EAT

heirloom tomato gazpacho with miche and white bean purée

Toast miche and spread white bean purée evenly over the toasted slice(s).

Give soup a quick stir to recombine everything — gazpacho should be served cold — then portion into bowls.

Serve gazpacho drizzled with a bit of olive oil and a twist of black pepper; serve toasted miche and bean purée alongside. Enjoy!

Gazpacho: Tomato, cucumber, red onion, green bell pepper, green carmen pepper, red bell pepper, sherry vinegar, salt, pepper **Miche:** Flour, water, salt **White Bean Purée:** White bean, water, garlic, lemon, salt, red chile flake

Contains: Wheat

③ FARM-TO-FREEZER

pork dan dan sauce with pickled mustard greens and noodles

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm